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# “Festive Family Thanksgiving Cookbook”

## Wheat Biscuit

Serves 16 - 1 biscuit each, Preparation time 20 minutes, Baking time 10-12 minutes

2 cup all-purpose white flour	1 cup whole wheat flour
1 Tbs. baking powder	1 Tbs. sugar
½ tsp. salt	1 cup skim milk
¼ cup vegetable oil	nonstick cooking spray

In medium mixing bowl, combine flours, baking powder, sugar and salt. Add milk and oil to dry mixture and stir until dough clings together.

Note-If you do not have whole wheat flour, you may use all-purpose white flour for the entire recipe.

Knead on lightly floured surface 10-12 times. Pat or roll dough to ½-¾ inch thickness. Press a beverage glass into dough to make 2-inch circles. Place biscuits ½ inch apart on baking sheet.

Bake at 450° F for 10-12 minutes.

**Nutrition Facts Per Serving:** 121 Calories, 4 g Total Fat, 36 Calories from Fat, 1 g Saturated Fat, 119 mg Sodium, not a significant source of Cholesterol.

### Nutrition Tip:

“Whole wheat breads are more nutritious than white breads. During the process of refining the wheat the bran is removed. Wheat bran is a valuable source of many B-vitamins including folic acid. For better family health choose whole wheat bread instead of white bread. Some bread can be brown and called ‘wheat bread’ by the manufacturer, but is not made from whole wheat flour. It’s important to check the ingredients found on the bread label. The first ingredient should be whole wheat flour instead of enriched flour.”

Julie Mortimore, RD

